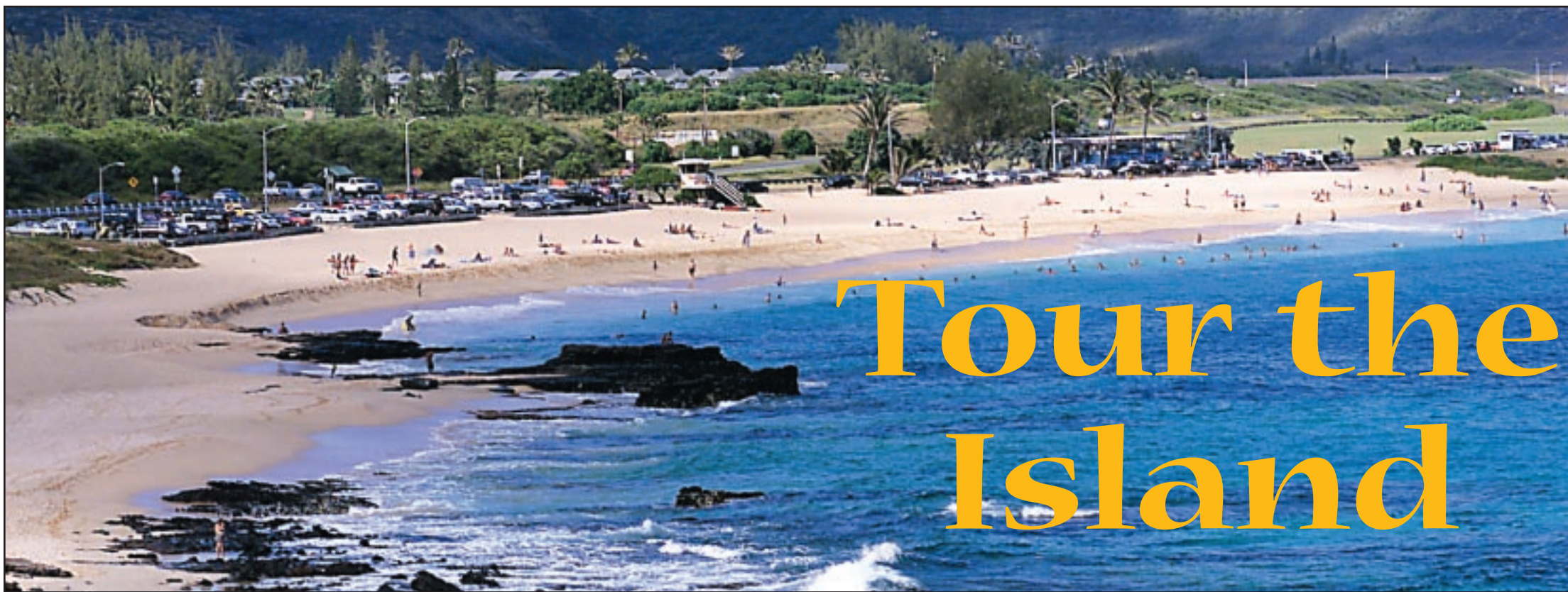


Hawaii MARINE LIFESTYLES

Hawaii Marine B Section

April 26, 2002



Tour the Island

Sandy Beach, frequented by thousands of tourists year round is one of the most popular spots for body surfing. It is located between Waimanalo and Hawaii Kai.



Hanauma Bay is one of Oahu's more popular beaches, located just beyond Waimanalo.

Island tour shows, gives newcomers taste of 'aloha'

Story and Photos by
Lance Cpl. Jessica M. Mills
Sports Editor

A newcomer can find becoming familiar with Oahu and its culture somewhat daunting, which is why MCB Hawaii offers so many different programs to help new Marines, Sailors and their families integrate into the community.

To help with the process, Marine Corps Community Services' Personal Services and Aloha Airlines offer an "Around the Island" tour to service members and their families on the second Friday of each month.

"We feel it gives these people an opportunity to see the island firsthand and see what is available to them here," said Melvin Chow, volunteer tour guide for Aloha Airlines. "During the tour, we show them native aspects of the island and answer questions they may have that are relative to the local people. We also show them many of the different places to go and things to do."

The journey follows along the shoreline, stopping at many of the most popular sightseeing and beach spots along the coast.

Since the tour is on a time restriction, the average stop only lasts between 15 and 20 minutes; however, this al-

lows time for a detailed tour around the entire island.

The tour kicks off with a beautiful view of Kaneohe Bay and Coconut Island — the island in the center of the bay used by University of Hawaii and Hawaii Pacific University for training in Marine Biology and other majors.

Going west up Kamehameha Highway, the tour's next stop is Nu'uuanu Pali Lookout, where King Kamehameha defeated his rivals and overtook Oahu.

After a brief stay, the tour continues on up the shoreline towards Kualoa Regional and Ka'a'awa beach parks.

During this short trip, the guide offers information about Oahu and Kaneohe Bay itself. For instance, Hawaiians consider the Mokapu Peninsula sacred. Possibly a lesser-



King Kamehameha's statue stands in the middle of downtown Honolulu to greet onlookers.

known fact, Mokapu is called "Turtle Island." In Hawaii, turtles are considered a sacred animal.

See TOUR, B-5



Corporal Daniel E. Johnson Jr. of Aircraft Rescue and Firefighting, Marine Corps Air Facility, and his wife Kathleen take videos of the breathtaking view at Pali lookout.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Debbie Baker, MCCS Public Relations

APRIL

Today

We Beg Your Pardon — To all Staff NCO Club members, Marine Corps Community Services “begs your pardon, please.”

Now through May 20 the club facility will undergo mild renovations. All previous Rocker Room activity will be temporarily located in the Fairways Sports Grill.

SM&SP



All events are open to single, active duty military.

The SM&SP Office is located in Bldg. 219. Call 254-7593, for more info.

Program Review

Today: Participate in the Shank & Slice Tournament at the Klipper Golf Course. Awards will be given by a blind draw. You don’t have to be a pro to win big.

S a t u r d a y s : Oceanside Paintball lets your “inner-predator” come out to play on Saturdays from 9 a.m. – 4 p.m. and Sundays, noon – 5 p.m. Call SM&SP for rental fees.

May 25-27: Start making plans to jet set to Molokai during Labor Day weekend. Spaces are limited.

June 17-21: Sailing Classes get underway at the Base Marina. Classes are convenient and inexpensive. You’ll be captain after your first lesson.

June 29: Why don’t you slide into a softball tournament? Bring your best slow-pitch, screwballs and curve balls and compete in this tourney. Call for details.

Fourth of July Block Party: Patriotism doesn’t get any better than this. Stay tuned for time and locations about this upcoming event.

SM&SP Benefits

Enjoy these benies:

- At the Klipper Golf Course — free range balls, club rental at \$5 and 18 holes of play for \$8.
- At K-Bay Lanes — games at \$1.50 each, free shoe rental (Mon. - Thu.), and no-tap at \$15 on Thursday at 8:15 p.m.
- At the Base Theater — the second showing of Fri. and Sat. movies for free (E-5 & below).

Modified hours of operation are as follows:

- Wednesday 7 p.m. - midnight.
- Friday and Saturday, 7 p.m. - 2 a.m.

Every Friday night Fairways promises patrons free pupus and delivers DJ Brian to keep the party going.

Call 254-5592 for more information.

27 / Saturday

Art-in-the-Park — The Child Development Center will host Art-in-the-Park from 10 a.m. - noon. All base children are invited to meet with friends and make crafts.

A free child car seat safety inspection will be offered in the adjacent Marine Corps Exchange parking lot.

Art-in-the-Park is the final special event held in

honor of April, Month of the Military Child.

For more information, call the CDC at 257-1388.

29 / Monday

Savvy Savings — Call it nesting. Call it stocking up. Call it whatever you want, just get in on the action.

Gather your coupons and head to the 7-Day Store. During this “Mad Money Monday,” patrons will save big during Double Coupon Day.

Some restrictions may apply.

Call the 7-Day Store at 254-7645 for additional details.

MAY

1 / Wednesday

Gettin’ Crafty — Camp H. M. Smith will host a

Mothers’ Day Craft Fair in Bldg. 4 (opposite of the Marine Corps Exchange) from 7:30 a.m. - 2 p.m.

The Camp Smith Mothers’ Day Craft Fair will feature homemade crafts and baked goods.

For more information, call 477-5143.

ITT Celebrates May “Military Appreciation Month” — Information Ticket & Tours at K-Bay and Camp H. M. Smith salute the military, and they have a recreation sensation planned for you.

Drop by either location to discover great discounts to attractions like the Polynesian Cultural Center, Sea Life Park, luaus, Waimea Falls Park, Atlantis Submarine and more.

If you’re experiencing a bit of wanderlust, the professionals at the ITT

Leisure Travel can put together a fabulous getaway at affordable prices.

Make the most of your tropical tour and enjoy paradise.

For more information, call ITT K-Bay at 254-7563 or ITT Camp H. M. Smith at 477-5143.

2 / Thursday

Welcome Aboard - All newly stationed military personnel and their family members are invited to attend the next New Arrival Orientation at the Base Theater, Bldg. 244, from 7:30 - 11:30 a.m.

Keynote speakers from both the base and MCCS will provide patrons with an overview of resources, recreation and networking opportunities.

Free coffee, donuts and information from GEICO

Insurance, Bank of Hawaii, Navy & Marine Corps organizations and more await guests in the lobby’s Information Station.

For more details, contact Marie Jesus at 257-7788.

StoryTime - Sixty Minute Adventures — You and your pre-school aged children are invited to the Base Library’s StoryTime adventure every Thursday from 10 - 11 a.m.

Join “Auntie Lori,” as she narrates adventurous tales and leads guests into the weekly craft project.

If your little one craves an adventure and you crave social activity, make StoryTime a weekly venture.


For additional StoryTime details, call The Base Library at 254-7624.

TOP FIVE: Ways to Prevent Child Abuse

Don't hit your kids!

If you hit your kids:

- You could hurt them badly.
- They will think it's OK to hit others.
- It does not teach them how to be good.



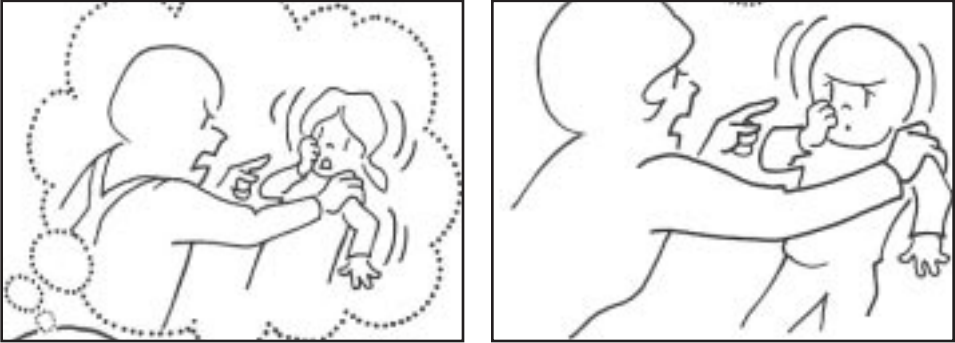
If your child makes you really mad:

- Go into a room by yourself.
- Take some deep breaths.
- Count to 10 slowly.
- Think about what's best to say and do. Talk with another adult, if you can.
- Deal with the problem when you feel calm.



Illustrations courtesy of MCCS Personal Services

Above — Marine Corps Community Services’ Personal Services department provides numerous programs and booklets that can help service members and families with child rearing issues. Below — Though abusive behaviors are often learned in childhood, they are not effective parenting tools.



NAPS Featurettes

At one time or another, most Americans have witnessed child abuse and neglect in their neighborhoods, schools and grocery stores.

They’ve seen the desperation on the face of a struggling parent or the sadness in the eyes of an abused or neglected child.

They’ve seen it and felt helpless to do anything about it.

According to Prevent Child Abuse America, 32 percent of Americans report having witnessed physical abuse of a child, and 47 percent report observing neglect. Yet, nearly half report having done nothing, in large part because they did not know how to respond.

“People think prevention just means reporting child abuse and neglect, but it doesn’t.

“Prevention means stopping abuse before it ever starts,” said A. Sidney Johnson, III, president and CEO of Prevent Child Abuse America. “With more than 1 million confirmed cases of child abuse or neglect each year, our need for prevention becomes even more crucial.

“Fortunately, there are many things we can do to prevent child maltreatment in our communities.”

Prevent Child Abuse America offers the following five Rs for preventing child abuse and neglect:

1. Reach out. Anything you do to support kids and parents can help reduce the stress that often leads to abuse and neglect. For example:

- Offer to babysit or run errands for a stressed out parent.
 - Give your used clothing, furniture or toys for use by another family.
 - Support parenting programs.
2. Raise the issue. By educating yourself, and others, you can help your community prevent child abuse and neglect.
 3. Remember the risk factors. Child abuse and neglect occur in all segments of society, but the risks are greater in families with economic hardships, isolation from family or community and substance abuse problems.
 4. Recognize the warning signs. Some of the signs include nervousness around adults, aggression, frequent or unexplained bruises or injuries and low self-esteem.
 5. Report suspected abuse or neglect. Call information or contact the department of social services listed under government agencies in the phone book. If you think a child is in immediate danger, call the police.
- Prevent Child Abuse America is the leading organization working at national, state and local levels to prevent the abuse and neglect of our nation’s children. Headquartered in Chicago, it has chapters in 38 states and the District of Columbia. The organization is widely known for its public awareness, education, prevention programs, advocacy and research.
- Find out more ways to help at 1-800-CHILDREN or www.preventchildabuse.org.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free.

Matinee prices are \$2 for adults and \$1 for children. Parents must purchase tickets for “R” rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Please show your ID at the box office.

Phone 254-7642 for recorded info.

Dragonfly (PG13)	Today 7:15 p.m.
Collateral Damage (R)	Today 9:45 p.m.
Dragonfly (PG13)	Saturday 7:15 p.m.
John Q (PG13)	Saturday 9:45 p.m.
FREE MATINEE, SUNDAY, INCELEBRATION OF MONTH OF THE MILITARY CHILD	
Rugrats Movie (G)	Sunday 3:30 p.m.
We Were Soldiers (R)	Sunday 7:15 p.m.
John Q (PG13)	Wednesday 7:15 p.m.

For up-to-the-minute news about MCCS, log onto www.mccshawaii.com.

Marine enlists in all four branches

Staff sergeant wore many hats while in the armed forces, but decided to stay with the Marine Corps

Lance Cpl. Lameen Witter
Combat Correspondent

NAVAL SUPPORT ACTIVITY, NORFOLK, Va. — When Staff Sgt. Eric D. Schwehm, U.S. Marine Corps Marine Forces, Atlantic, raised his hand and took the oath of service into the Navy in 1979, he had no idea it would be the first of four different services he would join. As Schwehm walked through the halls of Hunterdon Central High School in Flemington, N.J., his sophomore year, he knew he wanted more.

“I was tired of school and looking for an adventure,” said Schwehm, a special security office administration clerk.

That desire for adventure took Schwehm through the Navy, Army and Air Force, and eventually to the Marines.

Schwehm began looking into the military for career opportunities, influenced by his father’s prior service in the Navy and his belief in serving his country. “My friend ended up joining the Marines,” Schwehm said.

However, Schwehm’s father told him the only service Schwehm couldn’t join was the Marines. Consequently, Schwehm only looked at the Army, Navy and Air Force for a possible career.

Schwehm developed an interest in the aviation field through stories of his father’s military career as an air crewman. As a result, any service that guaranteed the job of aircraft mechanic could land Schwehm in its ranks.

The Navy had that guarantee. Once in the Delayed Entry Program, Schwehm finished his last year of high school, attained his pilot’s license and went to Navy recruit training.



Courtesy of Staff Sgt. Eric D. Schwehm

Marine Staff Sgt. Eric D. Schwehm, stationed with U.S. Marine Corps Forces, Atlantic, in Norfolk Va., has served in all four services during his 23 years.

Marines trained alongside Schwehm at Naval Air Station Memphis in Tennessee when he trained in air mechanics. Shortly after his class graduated, Schwehm was chosen to attend aircrew school.

While at aircrew school, Schwehm learned he had bad eyesight and was told to choose a different aviation specialty. He chose to be a C1A technician, which allowed him to work on the World War II-era aircraft engines.

During his first tour aboard the USS



Courtesy of Staff Sgt. Eric D. Schwehm

Marine Staff Sgt. Eric D. Schwehm is reenlisted in 2001 by his brother, Air Force Maj. Karl E. Schwehm, stationed at Randolph Air Force Base, San Antonio, Texas.

Midway, Schwehm visited Iwakuni, Okinawa, mainland Japan, and the Philippines. After reenlisting, Schwehm was stationed in Philadelphia, Penn., working as an air crewman mechanic.

After 10 months, Schwehm terminated his shore duty and went to the USS Independence, which had a C1A billet at Naval Air Station Willow Grove, Penn.

“It was interesting, because my father went through Navy boot camp at NAS Willow Grove in 1950. It turned out, I lived in the same barracks he did,” said Schwehm.

In April 1988, Schwehm’s enlistment was up and he decided to leave the Navy. He was about to turn 26 and was ready for a change.

“I wanted to get on with my life and go to college,” said Schwehm.

While still in the Navy, Schwehm went skydiving and a change occurred.

“I was up there in a parachute and I was thinking, ‘this is great.

Schwehm learned he could get paid to skydive if he joined the Army, so he joined the Army Reserve Officers’ Training Corps at Arizona State University in August 1989. However, after attending training similar to Marine Combat Training, Schwehm realized he didn’t want to be in the Army after all.

Schwehm said the officers’ program he was enrolled in was terminated, and he would be a cadet in limbo. His desire to get out of the program increased when he learned of a Navy reserve unit that was deploying to the Gulf War.

In February 1991, he was dropped from the program and reenlisted in the Navy Reserves.

He had been a petty officer second-class for five years and was unsuccessful in getting promoted. Influenced by his brother and brother’s wife, who are active-duty officers in the Air Force, Schwehm considered joining the Air Force Reserves. He enlisted in the Air Force in 1996, and earned his Bachelor’s of Science Degree.

Unhappy with the amount of traveling in his new Air Force job, he rejoined the U.S. Army by going into the Reserves in March 1996. He was assigned to a motor transportation unit and learned to drive trucks. His job was to drive behind the artillery and armor units and supply them with ammunition.

However, while in the reserves, Schwehm tried to return to active duty.

“At that point, I just missed the comradery, the adventure, the fact that you

See HATS, B-4

Beware of deceptive mailings

NAPS

Featurettes

Consumer fraud is a big business.

Based on the U.S. Postal Inspection Service’s receipt of about 75,000 consumer fraud complaints each year, fraud remains a constant threat to the American consumer.

The U.S. Postal Inspection Service, the primary law enforcement agency that investigates mail fraud, encourages consumers to be aware and educated — not duped.

The Postal Service informs of the following schemess, which are examples of what to look out for:

- Bogus employment opportunities: These ads usually feature claims of “thousands of high-paying government jobs.” However, what you end up pay-

ing for is material that you could have received free from the government agency, which may or may not have job openings.

- Phony charitable solicitations: Either your money never gets to the charity or the charity doesn’t exist at all.

- Work-at-home schemes: Not only don’t these scams guarantee regular, salaried employment, but you will have to invest money before you learn how a plan works. Always suspect an ad claiming you can earn unusually high income with little or no effort.

- Prizes or sweepstakes: If you have to pay a processing fee, it’s generally a scam. The prizes are never anything of real value.

To learn more, or to report a fraud online, visit www.usps.com/postalinspectors.



On the Menu

Anderson Hall will prepare the following this week.

Monday
Lunch
Meat Loaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes
Chocolate Chip Cookies
Asst. Fruit Pies

Thursday
Lunch
Turkey A La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
Marble Cake w/
Chocolate Cream Frosting
Pineapple Cake

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

Tuesday
Lunch
Simmered Corned Beef
w/Mustard Sauce
Glazed Cornish Hens
Parsley Buttered Potatoes
Egg Noodles
Peanut Butter Cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Dinner
Turkey Pot Pie
Sweet and Sour Pork
Steamed Rice
Parsley Buttered Potatoes
Peanut Butter Cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Specialty Bar
(For Lunch and Dinner)
Taco Bar

Wednesday
Lunch
Pork Adobo
Beef Yakisoba
Steamed Rice
Pork Fried Rice
Oatmeal Cookies
Strawberry Shortcake

Dinner
Steak Smothered w/Onions
Southern Fried Catfish
Mashed Potatoes

Dinner
Braised Liver w/
Onions
El Rancho Stew
Honey Ginger Chicken
Steamed Rice
Boiled Egg Noodles
Marble Cake w/
Chocolate Frosting
Pineapple Cake

Specialty Bar
(For Lunch and Dinner)
Taco Bar

May 3
Lunch
Seafood Platter
Fried Fish Nuggets, and
Shrimp and Scallops
Breaded Oysters
Lasagna
Baked Ravioli
Macaroni and Cheese
Chewy Nut Bar
Yellow Cake Layer w/
Butter Cream Frosting

Dinner
Roast Pork Loin
Barbecued Chicken
Mashed Potatoes
Steamed Rice
Chewy Nut Bar
Yellow Cake Layer w/
Butter Cream Frosting

Specialty Bar
(For Lunch and Dinner)
Pasta Bar

XO, ‘Take this with you’



Photo courtesy of Hawaii Pacific University Theatre

Major Winston Earle, and fellow Hawaii Pacific University student Jessica Hawkins, performs in the HPU Theatre production “You Can’t Take it With You.” Earle currently serves as the executive officer for Headquarters Bn., MCB Hawaii, and is one of several Marines participating in the play. “You Can’t Take it With You” is a 1937 Pulitzer Prize-winning production. Performances get underway Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m. and Sundays at 4 p.m., through May 5. Tickets are available through the HPU Theatre Box Office. Seniors, service members, and HPU students and staff are eligible for discounted admission. Call 375-1282 for details.

HATS, From B-3

never knew where you were going to end up,” he said. “I just felt I had something to offer,” he explained regarding any of the military branches.

Eventually, Schwehm decided to call the Marines. After graduating boot camp and earning a meritorious promotion to lance corporal in Marine Combat Training, Schwehm was stationed at Fleet Combat Training Center, Dam Neck, Va., for Navy, Marine Corps Intelligence training.

Before coming to U.S. Marine Corps Forces, Atlantic, as an intelligence chief, Schwehm had been stationed

in such places as Camp Lejeune, N.C., and revisited Okinawa, Japan, via ship.

While at a Navy blood drive when he was still in Dam Neck, Schwehm met a female Sailor, who he would later marry. His marriage has survived long distances and deployments, much like his career.

Today, Schwehm, who was recently promoted to staff sergeant, says he feels honored he was able to experience so many services, because it gives him an appreciation for each one and what they can do.

However, if he could go back, Schwehm said he might have joined the Marines sooner. But, all in all, he’s happy with how his life turned out.

Worth Repeating: “Better to get up late and be wide awake than to get up early and be asleep all day.” — Anonymous

RECIPE TIPS FOR THE CONNOISSEUR

Veggies in meals taste great

NAPS
Featurettes

Pizza for breakfast? Why not?

Mixing up your meal ingredients can be a delicious and nutritious way to add more vegetables to your diet.

According to a survey from Pace Foods, maker of picante sauce and salsas, almost 60 percent of the respondents said they eat only one or two vegetables per day instead of the recommended three to five vegetables and two to four fruits.

Consumption is down, say survey respondents, because parents have less time to cook and kids are not necessarily wild about vegetables.

Fortunately, a little ingenuity can add vegetables in

ways so delicious that children may not even suspect they’re eating food that’s good for them.

A good way to sneak more vegetables to your kids is with salsa, which can be used as a take-out food topper, ingredient or as a dip.

A half cup of salsa is equal to a full serving of vegetables. With 10 calories and no fat per two tablespoon serving, salsa can add flavor to meals without adding fat.

Here are three, no fuss recipes you can try that are full of salsabilities:

Southwestern Potato Topper
Prep Time: 15 min.

See VEGGIES, B-5



NAPS

Kids will love this breakfast pizza, sizzling with flavor and packing a vegetable punch, thanks to the addition of salsa.

TOUR,
From B-1

While traveling from site to site aboard the bus, the tour guides tells facts, history and legends about the countryside. Also during the trip, the guide teaches vocabulary from the Hawaiian language including pronunciations, and the tour supplies complimentary maps so riders can see where they are as the tour progresses.

As the tour passed by different parks, the guide told of their significance (for example, Kualoa Ranch was the filming sight for “Jurassic Park” and “Jurassic Park III”).



Irma and Justin Mangual, family members, enjoy shaved ice outside of Matsumoto’s grocery store.

“We try to make the tour interactive, to keep their attention,” said Chow. “Otherwise, it would just be a bus ride, and halfway through the day everyone would be asleep.”

While on the bus, the tour guide holds contests to see who can remember different facts during the trip. He freely hands out prizes and encouragement.

“We want it to be enjoyable. When the tourists participate, they become more comfortable with us and each other,” explained Chow. “We are sitting together on a bus for close to eight and a half hours, so it makes the tour much more enjoyable if everyone becomes comfortable and interacts with one another.”

The tour guide mentions places to visit along the way such as the Polynesian Cultural Center, one of Oahu’s premiere attractions, where newcomers and tourists can learn the history and culture of the islands.

Stops also included Sunset Beach, a winter surfing mecca, and Waimea Bay, a favorite northern Oahu getaway.

Around noon, the tour stopped for a refresher in Hale’iwa, located on the North Shore, where shaved ice cones are available at the well known Matsumoto Grocery Store. The store, although small, is covered with photos of its many celebrity visitors.

After having lunch at the Stadium Mall, the tour goes

by Tripler Army Medical Center — where the question everyone seems to ask is, why is it painted pink? The tour continues to the Punchbowl, which is one of the three extinct volcanoes on the island and home to the National Memorial Cemetery of the Pacific. Punchbowl showcases monuments and various battles in the Pacific theater in the center of the cemetery. The names of service members who died during those battles are engraved into walls.

While in Honolulu, the tour also stops downtown at the King Kamehameha statue and Iolani Palace. The palace is considered Hawaiian sovereignty land.

Newcomers also see Waikiki Beach, one of the most popular beaches on Oahu, and Diamond Head, another of Oahu’s three extinct volcanoes.

One of the last stops is Hanauma Bay, a beach very well known for snorkeling, since the marine life is accustomed to human contact.

On the way back to Kaneohe Bay, the tour passes by Sandy Beach, a favorite spot for flying kites and body boarding.

“This tour is open to anyone on base who wants to see the island,” said Chow. “It’s really good for newcomers, but even an old-timer or ‘kama’aina’ (local resident) can enjoy what we can show them.”

The next Around the Island Tour is May 10.

VEGGIES, From B-4

- 4

large hot baked potatoes, split

1

cup Pace(r) Chunky Salsa*

1/2

cup plain nonfat yogurt

1/4

cup sliced pitted ripe olives

1/4

cup sliced green onions
- 1

jar (16 oz.) Pace(r) Chunky Salsa

1

can (16 oz.) black beans, rinsed and drained

1

can (8 oz.) whole kernel corn

2

tbsp. chopped fresh cilantro

Heat oil in skillet. Add chicken and cook until browned.

Add salsa, beans and corn. Heat to a boil. Cover and cook over low heat 5 min. or until done. Stir in cilantro. Serves 4.

Texas Chicken with Black Bean Salsa		Breakfast Pizza	
Prep/Cook Time: 20 min.		Prep/Cook Time: 25 min.	
1	tbsp. vegetable oil	1	tbsp. butter or margarine
4	boneless chicken breast halves	1/4	cup chopped onion
		1/4	cup chopped green pepper
		1/4	cup chopped Canadian bacon
		1	(12”) ready-to-eat pizza crust

- 8

eggs, beaten

1/4

tsp. pepper

3/4

cup Pace(r) Picante Sauce

1/2

cup shredded Cheddar cheese

2

tbsp. chopped fresh cilantro

Preheat oven to 400°F.

Heat butter in skillet. Add onion, pepper and bacon and cook until tender.

Place crust on pizza pan or baking sheet. Place in oven to warm.

Add eggs and pepper to skillet. Cook and stir until eggs are almost set. Spread over pizza crust and top with picante sauce. Sprinkle with cheese.

Bake 5 min. or until cheese melts. Sprinkle with cilantro. Serves 6.



WORD TO PASS

Hawaii Hosts Military Appreciation Month Events

For general information about Military Appreciation Month activities, contact the Chamber of Commerce of Hawaii at 545-4300 or 545-4317.

- *May 1-31:* Get military discounts at Sea Life Park, Waimea Falls Park, Battleship USS Missouri Memorial and Atlantis Submarines. Discounted tickets are available at MWR and MCCS ITT and ITR offices.
- *May 1, 5 and 18:* Get free admission to the Honolulu Academy of Arts Military Appreciation Days. Call 532-8701 for more details.
- *May 4:* Participate in the 6th Annual Marine Aircraft Group 24 Sprint Triathlon at MCB Hawaii, Kaneohe Bay. Individual, three-person relays and team competitions are available. Race start time is 5:30 a.m.; the entry fee is \$20, which includes a race T-shirt. The event is open to the public, call 254-7590 or 254-7591 to register.
- *May 7:* Attend the free Eyesight Hawaii Laser Eye Center Lasik Seminar and Screening for Military Personnel at 5:30 p.m., presented by Dr. Jon Olkowski, medical director. For more or to register, call 735-1935.
- *May 11:* Enjoy an evening in paradise at Paradise Cove’s Military Appreciation Night from 5 - 8:30 p.m. This event includes a buffet dinner, games and a Polynesian show. Get your discounted tickets at MWR and MCCS ITT and ITR offices.
- *May 13 - 31:* Enjoy the Midas Auto Systems Military Appreciation Month Discount. Get an oil change, filter and lube for most cars for \$19.99 (\$10 off the regular price).
- Stay tuned for more 17th Annual Hawaii Military Appreciation Month activities and discounts.

Give Goods at Commissary

Hawaii Foodbank will hold its 13th Annual Food Drive, Saturday, at various places such as military locations, Windward City Shopping Center, Restaurant Row, Pearl City Shopping Center and Kahala Mall.

You can kokua from 10 a.m. to 4 p.m. at the MCB Hawaii, Kaneohe Bay, Commissary by donating one of these most wanted *canned* food items: fish, meat, corned beef hash, soups, pork & beans, spaghetti, chili, vegetables and fruits. Donations of peanut butter and rice are also needed.

Help beat the current “wall of Spam” record, which is 3,390 cans at the new Spam Museum in Austin, Minn. Drop off cans of Spam at the Restaurant Row collection headquarters, from 8 a.m. to 5 p.m. Free entertainment will be on hand. For more information, call the Commissary at 257-7790; call the Hawaii Foodbank at 836-3600, ext. 226; or visit the Foodbank website at www.HawaiiFoodbank.org.

Windward Mall Posts Schedule

- Catch one of these following free events at Windward Mall in April.
- Today at 6:30 p.m.: The Ohana Concert begins at Center Stage.
 - Saturday from 10 a.m. - 5 p.m., catch the “Back to Health Fair,” which will present alternative treatments, health screenings, consultations, entertainment and more. Call 262-8358 for more.

Windward Mall Sponsors Recreation

- Catch any one of the following activities at Windward Mall.
- Wednesdays at 6 - 9 p.m. enjoy free chess lessons and tournaments at Center Court, sponsored by the Hawaii Chess Federation and America’s Promise. All ages are welcome. Call 586-6151 for details.
 - Wednesdays through Fridays at 7:30 a.m. get fit with Luk Tung Association Exercise at Center Court. Participate for free in stretching, aerobic and flexibility programs.
 - Thursdays from 6:30 - 8 p.m. learn the latest steps with country line dance lessons, free at Center Court. Call 247-4769 for more information.

Waikiki Aquarium Presents Series

- Explore shallow reef and tidepool areas with Aquarium naturalists, Saturday. On these shoreline expeditions, you will wade up to your knees, experience the natural history of Hawaii’s shores and chat about reef conservation and reef walk safety. Minimum age for this adventure is five years old, and youngsters must be accompanied by an adult. Preregistration is required. Adults cost \$10; children cost \$8.
- Learn how to take care of your home aquarium, Saturday from 1 - 4 p.m. Designed for adults and teenagers, the Aquarium’s marine pathologist will discuss disease detection and prevention. Minimum age for this class is 12 years old, and pre-registration is required. Cost is \$12 per person.
- Call 923-9741, for more information about Waikiki Aquarium programs or visit www.waquarium.org.

Hale Koa Hosts Brunch, Magic Shows, Giveaways

- Join the Hale Koa Hotel as it celebrates Lei Day, Tuesday at 8:30 a.m. in the Banyan Tree Courtyard, with music, hula and more.
- Lei Day has celebrated the spirit of the islands since 1928, as everyone makes and gives leis. Call 955-9426 for more.
- Always a sell-out, treat mom to a special Mother’s Day meal at Hale Koa’s Mother’s Day Brunch, Sunday, May 12. Call the Activities Desk to make your reservation, 955-0555, ext. 546.
- In honor of Hawaii Military Appreciation Week (in May), the Hale Koa Hotel will host a Salute to the Military Luau, May 20, offering both a grand prize giveaway and discounted

- ticket prices.
- Your ticket to the luau includes an exciting show, a sit-down dinner, gratuity and one exotic cocktail or two standard drinks.
- A trip for two to the Big Island, including airfare and two nights in a deluxe cabin at Kilauea Military Camp — located in the heart of Hawaii Volcanoes National Park — will be the grand prize at the Monday, May 20 luau. Ticket sales begin April 16. Call the Activities Desk at 955-0555 to make reservations.
- (The Hale Koa luau is one of many events held during the annual Military Appreciation Week in Hawaii, May 17-25, which features special recognition of those who serve America through military service.)

All Enlisted Spouses’ Club Changes Hours

- The All Enlisted Spouses’ Club Thrift Shop is now open Monday through Friday from 5:30 to 8:30 p.m.
- For more information, contact AESC President Christy Knight at the Thrift Shop, 254-0841.

Navy-Marine Corps Relief Needs Volunteers

- Do you want to make a difference? Do you enjoy helping others? Do you have a few free hours each week? If you answered “yes” to any of these questions, then the Navy-Marine Corps Relief Society is where you need to be.
- Volunteer positions are now available for almost any area of interest. Some of the current openings are for caseworkers, receptionists, layette workers, computer and thrift shop personnel.
- Caseworkers listen to requests, make decisions and disburse funds to meet clients’ needs; receptionists answer the

- phone, greet clients and process initial paperwork; layette workers prepare “junior seabags” for expecting parents; computer personnel provide a range of services to include data entry; and thrift shop personnel help run the store by pricing items, setting up displays or helping shoppers make their purchases.
- Consider donating your time to NM-CRS. Not only will you be providing an invaluable service to Marines, Sailors and family members, but also you will meet interesting people, increase your self-confidence, build your resume and learn new job skills.
- Volunteers set their own hours, and the Society reimburses for mileage and childcare. Contact NMCRS’ Kaneohe Bay office (in Bldg. 216, the “general’s building”) at 254-1327 or the Pearl Harbor office (1514 Makalapa Drive, across from the Makalapa Branch Medical Clinic) at 423-1314.

Kilauea Military Camp

- Experience the Big Island’s rest and recreational activities at Kilauea Military Camp, located in Hawaii Volcanoes National Park.
- Explore Kilauea Crater on foot or motor coach with KMC’s professionally narrated tours at the most reasonable prices. Let knowledgeable guides show you the rest of the island with the Circle Island or Hilo tour — all without the worry of driving.
- For the sports enthusiasts, KMC offers tennis, bowling, basketball, biking, hiking and golf packages. To keep the youngsters entertained, the Recreation Lodge features miniature golf, ping pong, billiards, video games and movies at nominal prices.
- Kilauea Military Camp’s renovated cottages are comfortably furnished, in-

See WORD TO PASS, B-8



Marine Makeponos

“HAWAIIAN FOR “MARINE BARGAINS”

Miscellaneous

- Gateway Pentium II** computer, with CD writer, Vivitron 17” color monitor, IBM camera, 288 RAM and upgrades, \$800. Call 254-9179.
- Lawn mower**, \$100; electric weedeater, \$25; mi-

- crowave, \$50; custom-made, microwave stand, \$50; and custom-made rat-tan stand with 15-gallon fish tank, \$50. Call 683-1489.
- Hotpoint washer and dryer**, heavy duty, extra large, only one year old, \$200 each. Call Ame at 261-7680.

Furniture

- Vintage 1920s Sofa**, heavy mahogany frame with feather cushions, red, white and blue upholstery, has sage slipcover, \$200. Call Karen at 254-6884 or email: kmfbsrt@aol.com to capture this steal.

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service workers. **Ads are free** and will appear in two issues of the *Hawaii Marine*, or as applicable.

The deadline for submitting ads to the *Hawaii Marine* is at 4 p.m. the Friday of the **week prior** to publication. Forms may be filled out Monday through Friday from 7:30 a.m. to 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216, aboard Kaneohe Bay.

Makeponos may be used only for noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first served, space-available basis. Call 257-8840 for more.

Base vets offer value, convenience



Cpl. Jason E. Miller

Kimber Giles takes a hair sample off of an ailing patient.

Cpl. Jason E. Miller
Combat Correspondent

When it comes to medical care for pets, costs for the owner can be expensive by anyone’s standards. For those on a military budget, the Animal Care Clinic located aboard MCB Hawaii, Kaneohe Bay, offers a cheaper alternative. The clinic, which is located on Lawrence Road, next to the Seven-Day Store, has two fully-certified veterinarians to care for many types of animals including dogs, cats and even guinea pigs or rabbits. “We’re substantially cheaper here than out in town,” said Kimber Giles, a veterinarian at the clinic. “We don’t really make much money here. We make enough to stay open, because we’re here to support the military members.” “Exams are often free, just as long as we don’t have to prescribe any medication. Most of the medication we sell at or just above our cost.” All base residents, DoD employees, retirees and their dependents are eligible to use the Animal Care Clinic. The clinic does not offer emergency care for animals. However, it



Cpl. Jason E. Miller

Kimber Giles, a veterinarian at the Animal Care Clinic, looks over one of her regular patients.

is capable of performing any vaccinations and annual check-ups. Minor injuries or irritations can usually be treated at the clinic. “We encourage everyone with pets to come out and have their animals checked. That’s what we’re here for, and we just want every- one’s animals to stay healthy,” said Giles. Caring for a pet is a big responsibility and proper veterinary care is a must for any owner. The Animal Care Clinic is in place to ensure that the base does its part in keeping pets healthy.



NAPS

Did You Know?

When full grown, the Brazilian hiccup fish can reach a length of 12 feet and its hiccups can be heard a mile away.

Worth Repeating: “You’re future depends on many things, but mostly on you.” — Frank Tyger

WORD TO PASS, From B-8

cluding a unique feature that’s rarely found in any Hawaii home: a fireplace. At 4,000 feet above sea level, you can delight in the warmth of a fire, toast marshmallows and unwind.

Your stay is made even more enjoyable with a well-stocked General Store, an entertaining Friday Night Hula Show, a cozy lounge, a convenient snack bar, weight room, shuttle service, theater, chapel and gas station.

Book a reservation today. A joint services recreation center, KMC is open to all active duty and retired military, Reserve and National Guard members, current and retired DoD civilian employees, all family members and sponsored guests.

Ask about KMC’s special inter-island air coupons and airline packages and the KMC airport shuttle service. Call 438-6707 for reservations. Visit the KMC website at www.kmc-volcano.com.

Theatrical Productions

If you want to be entertained, catch any of the following performances.

- *At the University of Hawaii Kennedy Theater: “Eco Circus,”* about three children who travel to a magical land where a circus is performed by animals who have one thing in common — they are all on the list of endangered species. Remaining performances are today, Saturday and May 4 at 7:30 p.m., May 5 at 2 p.m.
- Tickets cost \$10 adults, \$9 seniors and military, \$7 children, and \$4 University of Hawaii students.
- Call Kristy Miller at 956-2598 for more.
- *At the University of Hawaii Earle Ernst Lab Theater: “The Yellow Wallpaper,”* about a Victorian woman with post-partum depression. Remaining performances are Saturday and May 3 at 10:30 p.m. and Sunday at 8 p.m.
- Tickets cost \$7 adults, \$6 seniors and military, and \$3 UH students. Call Kristy Miller at 956-2598 for more information.
- *At Kumu Kahua Theater: “Super Secret Squad.”* Performances get underway May 16 - June 16. It’s a play by Lee Cataluna. Five undergraduates take indefensible decisions made by clueless bureau-

crats into their own hands. This delightful comedy will keep you laughing. Call 536-4222 for more.

- *At Manoa Valley Theater: “Sea Marks,”* presented by Celebrate Hawaii from May 20-21. Show times are 7:30 p.m. at \$15. Call 732-1147 for more.
- *At Diamond Head Theater: “Titanic,”* the winner of five Tony awards in 1997, makes its Hawaii premiere, May 24 - June 9. Performances are scheduled Thursdays through Saturdays at 8 p.m. Tickets cost \$10 - \$40. Call 733-0274 for more details.

Get Free USAA Financial Booklet

While thousands of U.S. troops have been called into action, thousands more stand ready to deploy, leaving their families to handle the daily routine.

The spouse must tackle everything from taking care of the children to paying the bills, yet USAA is able to make things easier for deployed military personnel — en-

suring families aren’t fighting their own financial and legal battles back home.

Get your copy of the Deployment Guide, which offers members of the military help in arranging their personal finances before they leave home for military commitments abroad.

The guide contains helpful tips on preparing financially, legally, and emotionally for separation from loved ones. Also in this booklet is a two-page checklist for important arrangements that are best made before a servicemember leaves for duty, and a list of important business and emergency contacts to complete and leave with loved ones.

Call toll-free 877-2DEPLOY or 877-233-7569 to get your free publication.

Aloha Harvest Needs Refrigerators

Aloha Harvest invites individuals and businesses to do-

nate working refrigerators and freezers of all shapes and sizes for distribution to social service agencies all around Oahu.

Aloha Harvest is a nonprofit organization that picks up good, leftover food and delivers it to 76 social service agencies feeding hungry men, women and children on Oahu, at no charge. Its specializes in handling hot, cold and frozen perishable food.

Kokua by calling Aloha Harvest at 537-6945 to coordinate a timely pickup of your refrigerator or freezer and process your tax-deductible receipt.



The buck stops here